

Historic, Archive Document

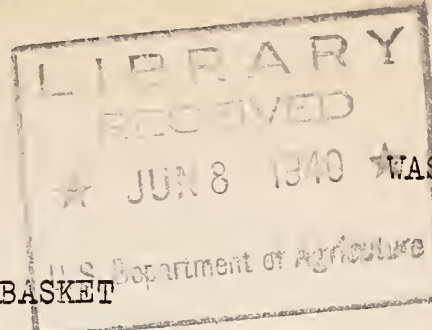
Do not assume content reflects current scientific knowledge, policies, or practices.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
JUNE 5, 1940 :

1.9
H-15 M



THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

THE JELLY AND JAM CLINIC

Glasses of clear jelly and thick jam cooling on the pantry shelf are a familiar sight in June. But every once in awhile, there's a batch of red raspberry jelly that looks cloudy -- blackberry jelly that doesn't become firm -- apple jelly that turns into a gummy mass -- or grape jelly with crystals all through it.

Carefully controlled jelly experiments have been made by the Federal Bureau of Home Economics to find the reason for these jelly failures. And this is how the home economists explain the jelly problems of perplexed homemakers.

Cloudy jelly is caused by improper straining after the juice is extracted. This cloudiness is not serious, if the jelly is for family use. But straining the juice twice will help to make the jelly clear. Use a Canton flannel bag with the nap side in, or two or three thicknesses of good quality cheese cloth, or a sugar bag. For the first straining, let the juice drip and then squeeze the bag. But for the second straining, use a fresh bag wrung out in hot water and do not squeeze.

When the sirup doesn't form jelly, there are a number of different explanations. The fruit itself may not have the proper balance of pectin, acid, and mineral salts that must be present for jelly formation. To make sure there is enough pectin and acid present, it is best to use a mixture of ripe and slightly under-ripe fruit.

Raspberries and blackberries are sometimes low in acid, especially when a little overripe. But acid can easily be added as lemon juice at the time the sugar is combined with the juice. Or, if the sirup fails to form jelly, the lemon juice can be added and the sirup boiled again until it gives the jelly test. One tablespoon of strained lemon juice to one cup of fruit juice is generally satisfactory.

When pectin is lacking in the fruit, it can be added in the form of a commercial or homemade pectin extract. Fruits such as strawberries and cherries must always have pectin added, if they are to be used for jelly.

Another reason for the failure of the sirup to form jelly is the use of too much water in extracting the juice. This excess water dilutes the juice, so there is not enough pectin in proportion to the sugar. It takes long cooking to evaporate this water, and the extra cooking is likely to destroy some of the pectin.

Jelly will be soft and runny if it is taken off the stove before it gives the jelly test. The test most commonly used is called "sheeting off." To make the test, dip a large spoon into the boiling sirup and lift the spoon so the sirup runs off the side. It's time to stop cooking when the sirup no longer runs off the spoon in a steady stream, but separates into two distinct lines of drops which "sheet" together.

The crystals that form in grape jelly are cream of tartar -- harmless but unpleasantly gritty. They can be prevented almost entirely by letting the juice stand in a cold place overnight, then dipping it out of the container carefully and restraining before making it into jelly. Or the grape juice can be combined with some other fruit juice, such as apple, to prevent the formation of crystals.

The sugar crystals in other kinds of jelly are the result of too much sugar or too little acid. Or the crystals may form if the sirup is overcooked, or when

the glasses stand around for some time before they are sealed.

Jellies or jams may mold or ferment because the glasses were not sterilized, because they were not sealed properly, or because they were not stored in a cool dry place.

To make sure the glasses and covers are clean and sterilized, wash them carefully. Then place them on a rack in a pan, cover with cold water and boil for 15 to 20 minutes. Keep the glasses in the hot water until you are ready to pour in the hot sirup. Then lift them out with tongs.

Pour the hot sirup into the sterilized glasses, place tin covers on the glasses at once, and let the jelly set. When it is firm, seal it by pouring hot paraffin onto the top of each glass. Rotate the glass before the paraffin hardens, so it will run up the rim and form a good seal. Wipe the tin covers and put them back on the glasses to keep the paraffin clean.

When jelly is stored in an atmosphere that is warm or damp, moisture may collect under the paraffin and break the seal -- allowing the organisms that cause spoilage to enter. If there is no cool and dry storage space available, it is best to make the containers airtight with rubber or composition gaskets.

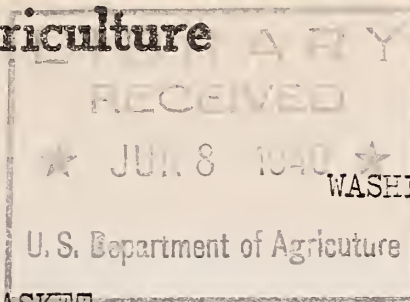
Jams are hot-packed, like preserves or canned fruit. Pour the hot mixture into sterilized jars and seal at once.

Full directions for homemade jellies, jams, and preserves are found in the Bureau of Home Economics publications -- Farmers' Bulletin No. 1800. This bulletin is available free through the United States Department of Agriculture, Washington, D. C.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
JUNE 12, 1940 :



THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

THE OUTDOOR MEAL

Warm sunshine, green fields, and sparkling brooks invite the family to live out of doors during the summer. And it's fun to take dinner or supper outdoors too, as a change in the routine of cooking and eating.

Even to eat on your own back lawn or shaded porch is a pleasant diversion. Or you can pack the food into a basket and picnic farther afield. But the rules for a well-balanced meal apply, whether you eat outdoors or indoors.

With all the modern picnicking aids, it's easy to make the outdoor meal simple and nutritious. The picnic of yesteryear centered around a shoebox filled with sandwiches. But today there are vacuum jugs that will keep food hot or cold for hours. You can carry soup, stew, chili, or any other food in a vacuum jug and have it all ready to serve hot. A covered casserole of scalloped potatoes, tomatoes, or mixed vegetables will also hold its heat for an hour or so.

The fireplaces in local, State, and national parks make it easy to cook at the picnic grounds. You can prepare meat and vegetables at home, and then reheat them over the outdoor fire, bring canned foods that can be quickly heated at the picnic.

Most folks enjoy the delicious fragrance of meat browning in the open air. Individual steaks, or hamburgers seasoned and shaped into cakes at home, are easy

to broil on a grate or in a frying pan over the coals. Serve them piping hot in buns with pickles, sliced raw onion, or mustard.

Sometimes each member of the family may want to cook his own meat on the end of a green stick sharpened to a point, or on a long-handled fork. Wieners or frankfurters can easily be roasted this way. Then there are the kabobs that give the picnic planner a chance to use her originality. Make them by putting small squares of beef, lamb, or any tender meat on the end of a long stick. Alternate the squares of meat with slices of raw onion, bacon, or pineapple.

Raw vegetables as a relish or salad are an important part of the 1940 model picnic. Before you leave home, wash the greens and let them get crisp in the refrigerator. Then wrap them in wax paper and pack them in a paper bag. Take tomatoes whole and slice them at the picnic table. Keep carrot and cucumber sticks, celery, radishes, or green onions fresh and crisp by packing them into a covered glass jar. Take the salad dressing separately; and if the trip is long and hot, take French dressing which will keep better away from the ice.

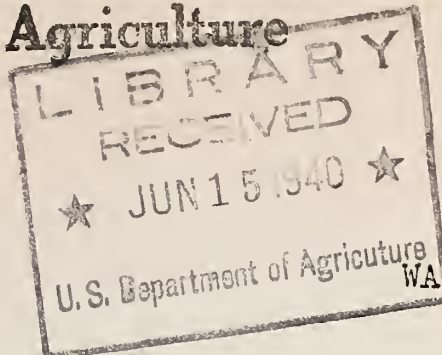
Milk for the children, at least, is the best beverage for the picnic meal. If there is no way to keep the bottles cold, you can keep the milk at a constant temperature in a vacuum bottle.

Fruit makes an ideal dessert when eating outdoors. Apples, bananas, grapes, plums, fresh pineapple, melons, and other fruits in season are all suitable. Crunchy cookies also make a good dessert. Tarts or turnovers are easier to carry and easier to serve than a pie, and cup cakes are easier to manage than a layer cake.

Among the items that make picnics simple today is dry ice, that will keep ice cream from melting and uncooked meats from spoiling. Then there are paper plates, paper cups, paper napkins, and even paper tablecloths to solve the dishwashing and laundry problem after a picnic meal. Knives and forks made of stainless steel are inexpensive and most suitable for dinner out in the open.

INFORMATION FOR THE PRESS

United States Department of Agriculture



RELEASE FOR PUBLICATION :
JUNE 19, 1940 :

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

----- DESSERTS FROM THE BERRY PATCH -----

There are at least a dozen different answers to the dessert problem during the berry season. Strawberries are on the wane now, but other berries are ripening in most parts of the country. Some of the favorites are red, black, and purple raspberries; blackberries and dewberries and the loganberries, youngberries and boysenberries that have been developed from them; huckleberries and blueberries, gooseberries and currants.

If the family has its own wild or tame berries to pick, even the younger children will be skillful in selecting the choice berries to fill their tin pails. But the homemaker who depends on a city market for her berries must also know the signs of quality.

She must look for berries that appear clean and fresh, berries with a bright and solid color, berries that are full and plump. She'll find that the berries are overripe when they look dull or when they have leaked onto the container. And she knows that berries are a poor bargain when they're moldy or when they're partly green.

Even good quality berries will keep only a short time after they reach the home kitchen, so it's important to sort out any that are oversoft or moldy and might spoil the others. If the berries are not to be used at once, keep them in the refrigerator on a shallow tray and covered lightly with wax paper.

Damp berries will mold quickly, so it is best not to wash them until it's time to use them. These fruits should not be washed under a hard spray nor be allowed to stand in the water. The best method is to wash a few at a time in a bowl of cold water. Then lift them out of the water into another bowl, using the fingers as a sieve to leave the sand behind. When the berries are clean, let them drain in a strainer or colander.

Berries in general contain vitamin C; some kinds are important sources of this vitamin. To make the most of the vitamin C in berries, it's best to eat them uncooked. Currants and gooseberries may be too acid to eat raw, but all the others are most attractive when served simply. Have cream that is thick enough to coat each berry, and powdered sugar for those who like it.

Combinations of berries and other summer fruits are always pleasing. Try placing a few plump red raspberries in the center of some pale green or yellow melon. Or, mix some blackberries with slices of golden peaches. A summer fruit cup with wedges of fresh pineapple, ripe banana, and apple will have extra sparkle with berries added.

Berry time is shortcake time, and the raspberries and blackberries take up the theme where strawberries leave off. Any of the sweet, juicy berries are suitable for shortcake, but it's best to let them stand with sugar for an hour or so to draw out the juice.

Refreshing frozen desserts that are so popular at this time of the year can be made from almost any of the berries. Raspberries are especially good in ice cream; and raspberry, blackberry, or currant juice can be used to make a sherbet or ice. Or you can make the berries into a sauce to serve over plain ice cream.

If you have a real surplus of berries, can them or make them into jam or preserves. Helpful suggestions can be found in Farmers' Bulletin No. 1800 --- "Homemade

Jellies, Jams, and Preserves;" and in Farmers' Bulletin No. 1762 -- "Home Canning of Fruits, Vegetables, and Meats." These bulletins are available free upon request to the United States Department of Agriculture, Washington, D. C.

Any of the fresh or canned berries can be used in pies or puddings. Cooking brings out the delicate flavor of blueberries and huckleberries and definitely improves currants and gooseberries. But berries are so fragile that they should be cooked only a very short time.

To many folks, berry pies are the top ranking summer dessert. The berry pie is at its best when the crust is crisp and unsoaked, but there must be some bright juice trickling out from each piece. To make berry pies that meet this standard of perfection, have the pie crust prebaked. Use a little cornstarch or tapioca to keep the juice from running too far and fast. And have the filling hot when you put it in the pie shell.

Instead of a pie you might make a berry turnover. Cut the pastry into good sized rounds, fold the circles in half with the sweetened berries in the middle, seal the edges and bake. Or you can make a good dessert by cooking the berries, and dropping a small square of baked pastry into each dish. Serve warm or cold with cream.

Among the old-fashioned favorites is Quick Blueberry Pudding. Blackberries, huckleberries, black raspberries, youngberries, dewberries, or boysenberries can be substituted. Here is the recipe given by the Federal Bureau of Home Economics:

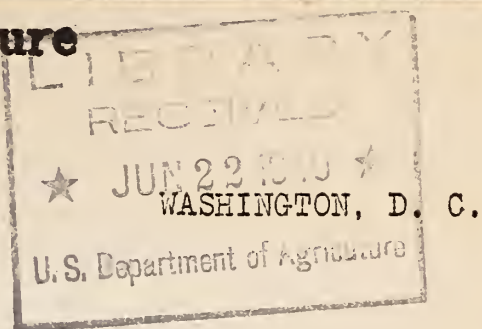
1 quart blueberries	2 cups soft bread crumbs
1 cup sugar	2 tablespoons melted butter
$\frac{1}{2}$ cup water	1 tablespoon lemon juice,
$\frac{1}{2}$ teaspoon salt	if desired

Pick over the berries, wash, drain, mix with sugar, water, and salt and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice and serve the pudding while still warm with plain or whipped cream.

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
JUNE 26, 1940 :



THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MILK TO DRINK, AND MILK TO EAT

Milk pails are always brimming full in June, and milk production this year is a little above any previous record.

Much of this extra milk is made into cheese or butter. Some of it is evaporated, condensed, or dried. And by using it in these forms, it is possible to get the food values of milk in a concentrated form; so you can eat the milk, as well as drink it.

Whole milk is often called the "most nearly perfect food," because it is rich in so many important food values. It contains fat, as you can see when the cream rises to the top of a bottle of milk. You can also see the protein in the form of curd, when milk sours. And you know that milk contains sugar, because it has a slightly sweet taste.

Milk is especially valuable for its calcium and phosphorus, which a scientist could show you by drying the milk and then burning it until the ash contains only the minerals. In addition, scientists have found that milk is particularly rich in vitamins A and G, and it also has some vitamin D, and small amounts of B₁ and C.

So there is good reason for nutritionists to recommend a quart of milk a day for growing children, and a pint a day for adults. But some of the milk quota can be in the form of cheese or dry milk or evaporated milk, if it is more economical to buy milk that way.

In cheese -- the calcium, phosphorus, and protein are found in a concentrated form. In fact, 5 ounces of American (Cheddar) cheese have about the same amount of these three food values as a quart of milk. This means that in a single serving of macaroni-and-cheese, you may get enough cheese to furnish more calcium than a glass of milk. When you use whole-milk cheese in sandwiches, souffles, salads, and other dishes -- you're really eating milk, and getting the important milk solids and vitamins A and G as well.

Milk made into cottage cheese is another way to add food values to the diet. Cottage cheese is a good source of calcium, phosphorus, protein, and vitamin G. But some of the calcium and milk sugar are lost in the whey; and cottage cheese is also low in fat and vitamin A, because it is usually made from skim milk.

You can drink milk as a beverage or eat it in cooked foods; and you can use it in the form of fresh fluid milk, evaporated milk, or dry milk. Dry milk or evaporated milk may be used full strength or only partly diluted. When used this way, dry and evaporated milk actually contain more milk solids than fresh fluid milk, and are especially useful in adding to the nutritive value of the diet without greatly increasing the volume.

In manufacturing evaporated milk, about one-half the water is removed from fresh fluid milk. When you use the evaporated milk, you can mix it with water -- measure for measure. This "reconstituted" milk will have about the same food value as an equal amount of fresh fluid milk. You can drink this milk, or you can eat it in cream soups, scalloped dishes, muffins, bread, cake, custards, and any number of other dishes.

If you dilute the evaporated milk with less than an equal amount of water, you will get more of the milk solids. You can use it partially diluted in creamed dishes, cocoa, puddings, and sherbets. And you can use evaporated milk full strength in frozen desserts, scrambled eggs, and cheese sauce.

Dry milk is another convenient way to get the calcium and the other food values of milk. In making dry milk, practically all the water is removed so only the milk solids remain. And nutritionally speaking, one quart of fluid whole milk is about equal to $4\frac{1}{2}$ ounces of dry whole milk, or to $3\frac{1}{2}$ ounces of dry skim milk with $1\frac{1}{2}$ ounces of butter added. The dry skim milk contains very little fat and no vitamin A; but it keeps better than dry whole milk.

You can use enough dry skim milk in soups, cereals, bread, and many other foods to make them richer in milk solids than those made with fluid milk. But when you use dry skim milk, you must get fat and vitamin A from other sources -- such as butter.

To make beverages, soups, gravies, sauces, and such dishes as scrambled eggs and custards -- just mix the dry skim milk with water, and use it like fluid milk. Or you can use dry skim milk in the powdered form in bread, muffins, biscuits, puddings, and cereals. In such recipes, mix the powder with the other dry ingredients and use water alone as the liquid.

A cool, refreshing milk sherbet is a favorite for summer days. An orange or lemon sherbet will have the vitamin C of the fruit juice, as well as the food values of milk. This recipe comes from the Federal Bureau of Home Economics.

ORANGE OR LEMON SHERBET

3 cups milk	2 tablespoons lemon juice
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups orange juice	

Heat 1 cup of the milk, add the sugar, stir until the sugar is dissolved, and add the other ingredients. Use a freezing mixture of 1 part of salt and 4 to 6 parts of ice, and turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the sherbet stand for an hour or more to ripen in flavor.

Lemon sherbet may be made in this same way by omitting the orange juice and using about 1 cup lemon juice and one-half cup water.

The 3 cups of milk in this recipe may be 3 cups of fresh fluid milk; they may be $1\frac{1}{2}$ cups of evaporated milk with $1\frac{1}{2}$ cups of water; they may be $\frac{3}{4}$ to $1\frac{1}{2}$ cups of dry skim milk with 3 cups of water; or they may be 1 to 2 cups of dry whole milk with $2\frac{1}{2}$ cups of water.

